

2005-2006 Handbook
WINTER & SPRING

Starfires



Starfires Dance & Cheerleading Teams

Sponsored by:

Fredericksburg Parks & Recreation
408 Canal Street, Fredericksburg, VA 22401
(540) 372-1086
www.fredericksburgva.gov

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The Starfires

Welcome, and thank you for your interest in our classes. The purpose of our program is to provide training and opportunity for performance in the areas of popular dance, pom-pom, drill, cheerleading & tumbling, (which is taught in "Team Blue Cheer"). Our classes are designed to develop poise, coordination, showmanship, and TEAM SPIRIT while learning and performing at various events. Our classes are continual and progressive. Students will always be learning new materials & techniques. They may stay with the Starfires for months or years!

We attend approximately 3 parades, 4 contests, and 3 or more benefits or shows from September to June (weather permitting). You will be provided a performance schedule as soon as we have confirmed dates. (Schedule is subject to change or addition.) PLEASE KEEP ALL PERFORMANCE DATES OPEN – AND LET US KNOW IMMEDIATELY IF YOU HAVE A CONFLICT. WE NEED TO KNOW IF YOU ARE UNABLE TO ATTEND. Thanks.

Starfires Staff

The Starfires were established as a performance group in 1959 by Terry Beverly, who is now the Director/Head Coach. The Starfires have been led to many team and individual victories by Terry and her staff throughout the years to the present time. Talented and experienced instructors with strong leadership ability are employed by Terry for the Mighty-Mites, Jrs., Jr. Prep, Srs. & Team Blue Cheer.

| | |
|----------------------|--|
| TERRY BEVERLY | Director / Advisor / Coach (373-2297) |
| AUDREY JENNINGS | Asst. Director / Advisor / Bookkeeper |
| TANDI BEVERLY CLISER | Visiting Coach/Advisor |
| CHRISTY WALKER | Head Coach of Jrs. / Jr. Prep & Asst. to Mightys |
| JENNIFER SMITH | Head Coach of Srs./Team Blue & Gymnastics |
| BRENDA GIBSON | Head Coach of Mighty Mites, Asst. Jrs./Jr. Prep |
| ASHLEY PAYNE | Asst. Coach Seniors/Team Blue |
| MELISSA STEINIGER | Instructor |
| KRISTINA ABEL | Assistant Instructor |
| ALLISON MENKE | Assistant Instructor |
| BRANDY SIVAK | Assistant Instructor |
| STACEY FAIRFAX | Assistant Instructor |
| STEPHANIE JENNINGS | Visiting Instructor |
| BONNIE TYSON | Visiting Coach/Advisor |
| CHARLENE HILL | Head of "Parents Brigade" |

Terry Beverly Email: starfirestjb@cox.net

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Parents' Brigade:

This year the Starfires has a "Parents' Brigade", to assist our coaches & instructors whenever we take the students to performances of any kind. Each competition, parade, etc. has its own specific rules and time schedule. Therefore, before each show, participating parents will meet with Terry, Charlene, & Audrey for a very short meeting (15 min.), to go over vital information.

This is a *volunteer* brigade. It is extremely important; since most performing groups the size of the Starfires, do have a similar team of parents.

We welcome all interested parents; talk to Terry or Audrey for more information.

Thanks so much, Terry Beverly.

Phone Numbers:

Terry Beverly, Director, Starfires 373-2297

email starfirestjb@cox.net

Fredericksburg Parks & Recreation Desk.

372-1086 Front Desk – ext. 0

Sonja Wise ext. 214

Or email Swise@fredericksburgva.gov

Weather Cancellations:

Call Fredericksburg Parks & Recreation and listen to the cancellation line press 2 and 1.
Or visit our website www.fredericksburgva.gov/PR
Or Listen to B101.5 or WFLS 93.3.
Or call Terry Beverly's machine at 373-2297

Inclement Weather Policy:

If we are canceling **Thursday** classes it is Parks & Recreation's policy is to follow the city schools. If there is any discrepancy a **decision will be made by 3:00pm on Thursday**.

If we are canceling **Saturday** classes we will make the **decision by 7:30am Saturday** morning. It is Parks & Recreation's policy to try and hold programs whenever possible, so we wait as long as we can to cancel them.

Please listen to local radio stations B101.5 or WFLS 93.3 or call FP&R cancellation line press 2 and 1 or check the Parks & Rec. website at www.fredericksburgva.gov/PR.
LAST RESORT, you may call Terry's answering machine for details 373-2297!!! Classes missed for inclement weather will be made up by adding minutes to class time on designated weeks.

Information & Rules

CLASS FORMAT:

Warm-up for each class will begin within 5 minutes of beginning class time. Stretch-out will immediately follow warm-up. All instruction will begin immediately after stretch-out. Any students who arrive late will need to warm-up & stretch-out with one of the instructors. Students will then join the in-progress routine instruction. Best to arrive early!

ATTENDANCE:

We are interested in our students having fun as they learn, so in order for each student to receive the full benefit and for the group to run smoothly **REGULAR ATTENDANCE IS A MUST!!** For students to perform, they must **KNOW** and **BE ABLE** to perform **WITH CONFIDENCE** all routines necessary **BEFORE** "show." We will do our part as instructors to get everyone ready. There is no experience necessary, so, **RELAX AND YOU WILL BE SURPRISED AT WHAT YOU ARE ABLE TO DO!** Give yourself time!

NOTE: Please do not ask to be in a show or performance if you have missed essential time from class, and are not prepared. (Notify Terry 373-2297 if you know you will be missing class or show time—we will work with you any way possible.)

GENERAL PERFORMANCE RULE:

Performances count toward class time. Students missing last 3 classes before a show (if not otherwise prepared) will not perform. We will work with you for **exceptions** whenever possible, if notified in sufficient time.

PARADE ATTIRE: (attention new students)

- For the **Christmas Parade, December 3rd**, students need their official uniform and all other items! If you are late registering, call Terry 373-2297.
- The first performance for **NEW** students is tentatively scheduled for February 2006.
- Look for information on Spring performances and competitions in the weekly information sheet that is handed out at class.

WHAT TO WEAR TO CLASS:

Wear practice t-shirt, shorts, loose jeans, sweats, or cheer shorts & tennis shoes to all classes. Pack a snack and bring a water bottle.

UPDATED INFORMATION FLYERS:

Flyers will be sent home on a regular basis, keep all flyers in a Starfires folder. Do not throw anything away until you are sure material is completely outdated. Parents and students please read carefully. The "big" thing is to know what is going on at all times. **STUDENTS ARE RESPONSIBLE FOR ALL WRITTEN INFORMATION SENT HOME!** Any questions concerning classes are directed to Terry Beverly 373-2297.

*Flyers can also be found on our web site at www.fredericksburgva.gov/PR.



Student & Parent Responsibilities

STUDENT RESPONSIBILITIES

- Must always wear tennis shoes to class. (No sandals or street shoes.)
- Put your name on ALL pieces of equipment!! (You are responsible for items lost.)
- Bring every piece of equipment with you to class or shows, unless otherwise stated.
- Bring a snack and water bottle with you to class.
- Please keep gym and lobby neat – **USE TRASH CANS!** STUDENTS bring correct change for vending machines. The Rec. Dept. does not furnish change.
- **STUDENTS ARE NOT ALLOWED TO LEAVE THE BUILDING DURING BREAK.**
- STUDENTS should arrive at least 10 minutes before class time.
- **BE SURE TO BE IN THE GYM AT CLASS TIME!!** (not somewhere else in the building, or outside) – whether class has started or not. Thanks.
- Students do not "play" with the pay phone. When you dial "911", the police arrive.

ATTENTION PARENTS

- **NO VISITORS** in gym during class. We will give you lots of opportunities to watch your child perform. Thanks for your cooperation.
- The P&R requests all small children not involved in classes be closely supervised in the Lobby. **NO RUNNING.**
- The P & R office phone is **NOT FOR USE.** There is a pay phone in the lobby.
- Please **NO** spectators when classes are in session. You will be invited in when the instructors think the students need an audience. Thanks.

STUDENT DROP-OFF & PICK-UP POLICY:

There is **NO PARKING OR STOPPING** in front of the **Community Center**. The Police Dept. will give tickets. **PLEASE USE** the **LARGE PARKING LOT** in the rear of bldg. (Charles St.) All students must enter by the front door. If you wish to pick up a student by the rear door, we **MUST** have written permission with the child's name & parent's signature. There will be a chaperone at that door for only 10 minutes after class! Then, the child will remain in the front lobby until picked-up. Please let your child know where to meet you! Thanks for your attention to this matter. The Community Center closes immediately after the Senior class on Saturdays! Please have rides on time!!!



Uniform Information

The new uniform package will consist of: Top, skirt, trunks, turtleneck, poms (seniors get 2 pairs of poms), 2 pairs of socks, 2 hair bows or 6 ribbons, 1 pair of hose, and 1 pair of gloves, and will be **sold as a package ONLY** (if you need additional pieces and don't need the package please contact (Sonja Wise at 372-1086 ext. 215). Tennis shoes are also required, but ordered separately (see below).

- **NEW SENIOR UNIFORM: \$264.00** (Three payments of \$88.00.)
- **NEW MIGHTY MITES, JUNIORS, & J. PREP UNIFORM: \$219.00**
(Three payments of \$73.00)

*
Uniform Payment Plan: Payment # 1 due by **January 14**; Payment #2 due by **February 4**, and Payment 3 due by **February 18**. **No uniforms will be handed out without full payment.** Avoid the lines – pay early!



UNIFORM MEASUREMENT DATES & TIMES:

THURSDAY, JANUARY 12th 4:00—7:30pm ONLY

For all students. Students will be measured **BEFORE** or **AFTER** class, **NOT DURING** their class

NOTICE: No uniforms are ordered unless payment has been made.
Deadline for ordering uniform package is January 14th
Deposit will be lost if you cancel after order has been made.

NOTE: When getting measured for your uniform you must wear either a bathing suit or spandex. This will help make measuring easier and speed up the process. (This can be worn under your clothes until it is time for measurement.) All measurements will be according to "team length", etc.

TENNIS SHOES: (required)

There are three options on tennis shoes. You can order the Asics (leather \$54 or Nylon \$47) or if available you can purchase the Haines Cheerleading Shoe or Haines Leather Shoe (style like Keds) from Walmart.

*Anyone ordering Asics the payment must be made by January 14th..

(Prepaid orders only, checks made payable to City of Fredericksburg)

All uniforms and accessories ordered through the Parks and Recreation Dept. should be picked up on Saturdays, unless otherwise notified. You will be notified when orders have arrived. Any individual orders placed after ordering deadlines may be subject to shipping charges and are **NOT guaranteed for delivery in time for scheduled performances.

Note: Most uniform accessories (poms, trunks, socks, etc.) may be replaced by contacting Cheerleader/Danz directly. The phone number is 1.800.527.4366 or the web site is www.nationalspirit.com

Class Schedule

Class Times & Ages:

| | | |
|------------------------------|--------------------|-----------|
| Mighty Mites 1st - 2nd Grade | 4:30 pm – 5:30 pm | Thursdays |
| Juniors 3rd - 4th Grade | 5:30 pm – 7:00pm | Thursdays |
| Juniors Prep 5th - 6th Grade | 9:00 am – 10:45 am | Saturdays |
| Seniors 7th Grade & Up | 10:45 am – 1:15 pm | Saturdays |
| *Team Blue 6th - 12th Grade | 7:00 pm - 8:30 pm | Thursdays |

Team Blue is for Junior Prep & Senior Starfire students who are 6th grade and older interested in an "over & above" class. This class is great for anyone with their eye on high school tryouts in the future.

NOTE: A few age exceptions may be made according to maturity or experience level of students. Junior students do not automatically move up when they become eleven. These decisions are made at the Instructors' discretion.

Registration Information

The following is the policy of the P&R Dept. concerning class fees:

Installment Payments

Mighty Mites: \$34 City Residents and \$46 Non-City Residents

Juniors, Junior Prep & Seniors:

\$42 for City Residents, \$56 for Non-city Residents

Team Blue: \$40 for City & Non-city Residents

All installments are due by the following dates:

Payment II due by: November 5

Payment III due by: January 28

Payment IV due by: April 1

***\$10 Late Charge** for fees not paid **BEFORE** class time on above dates!! Students not permitted to participate in class if not paid!! (Questions concerning fees may be directed to Kim Graves 372-1086, ext 208.)

Books close at 1:00pm on each Saturday.

Please make payments before that time! Thank you.

Program fees can be paid online at www.fredericksburgva.gov/ PR Remember you must apply for an online account before making payment.

Classes are held weekly from September—early June with the following

Holiday Breaks: Thanksgiving, Christmas, Easter and Memorial Day (dates are forthcoming).

Summer Classes: Middle of June through July (separate session)

Summer Camp: Tuesday - Thursday, August 8 - 10, 2006

